



A reason
to listen to
radio again



Next, follow Gottingen St. for 250 years

Gottingen 250 fest to take
you back to the past **PAGE 4**

No one cared who I was till I put on a mask

metro **AR** Transforming with
Tom Hardy **PAGE 12**



WELL, THAT WAS FUN. LET'S DO IT AGAIN!

PRINCE WILLIAM, DUCHESS
OF CAMBRIDGE EXPECTING
THEIR SECOND CHILD **PAGE 7**



COME BRING THE LOVE

Canadian doubles star Vasek Pospisil returns the ball during a Davis Cup practice session at the
Halifax Metro Centre on Monday. Team Canada is hosting Team Colombia, starting Friday, in a highly
anticipated Davis Cup playoff match and is looking for fan support. Story, page 21. JEFF HARPER/METRO

Cops defend their raid on medicinal marijuana lounge

**Two arrests at Farm
Assists.** Deputy chief
says police forces must
respond to complaints

Magnitude

"At the end of the day, this may decide the future
course for Canada, so I guess maybe it may be a
great use of police resources."

Deputy Chief Bill Moore, asked whether Friday's raids were a good use of police resources



**RUTH
DAVENPORT**
ruth.davenport@metronews.ca

The deputy chief of Halifax
Regional Police says Canadian
sentiment around medicinal
marijuana may be in flux, but
police forces are still required
to enforce existing laws.

Social-media users erupted
after police raided the Farm
Assists medical-marijuana lounge
on Gottingen Street and two
related properties in Head of
Chezzetcook on Friday, arrest-
ing owner Chris Enns and his
fiancée, Sherri Reeve.

"This is completely wrong
and a GIANT waste of taxpay-
ers money and hrp's time,"
wrote Anthony Fares on the

Metro Halifax Facebook page
Saturday.

But Deputy Chief Bill Moore
said Monday the searches were
a response to public com-
plaints — not arbitrary acts of
harassment.

"If I'm legally allowed to
provide medical marijuana
with a prescription, you
brought in your prescription,
I provide you with material,"
he said. "You come walking
through without any prescrip-
tion and then I sell, that ... is
still a trafficking offence."

No details on the public
complaints that prompted the
investigation were available as
of Monday evening.

Outside court Monday,

Reeve called the charges "ri-
diculous" — though she said
giving cannabis away for free
could be considered traffick-
ing, even if it's being given to
cancer patients.

"There is that, whether it's
a just law or an unjust law,"
she said. "I'm sure that Chris'
intention is to change the laws
in Canada because cannabis is
a medicine, whether Health
Canada admits it or not."

Moore said police use their
discretion when enforcing
laws, but added that determin-
ing public policy and consider-
ations of the "greater good" is
best left to the courts.

MORE COVERAGE, PAGE 3



Wake up on the Brunello side.

Just 15 minutes from downtown. The Links at Brunello
on schedule to open June 2015.

Active listings online! Exit # 3 off the 103 Garden Suite Condos Open House — Sunday 2 to 4pm



FIVE THINGS YOU NEED TO KNOW TODAY

**1
THEY'RE BACK**

After a month-long break, Halifax regional council returns with its regular Tuesday meeting at City Hall. Topics include the Khyber Building, snow removal and Halifax Water.

**2
CURTAINS UP!**

It's time to raise the curtain on a new season at Neptune Theatre. You can see Into The Woods, the first production of the 2014-15, tonight at 7:30 p.m. as a popular pay-what-you-can performance.

**3
AN APPLE 6 A DAY**

Apple is expected to unveil two versions of the latest incarnation of its smartphone today: One with a pretty big screen and one with a really big screen.

**4
MAGNOTTA TRIAL**

Jury selection has begun in the trial of Luka Magnotta, who faces charges, including first-degree murder, in connection with the infamous 2012 body-parts case.

**5
FOR THE SOON-TO-BE ROLLING STONES**

Rock legend Keith Richards' first children's book, Gus & Me, about his grandfather, is out today.

'Victim was targeted': Police

Murder charge. Trevor Hannan appears in Dartmouth court

Family and friends of Daniel Pellerin were visibly upset Monday at a Dartmouth courtroom, as Trevor Kyle Hannan appeared to face charges of first-degree murder in the 28-year-old's death.

One grey-haired woman bit her lip as she watched, eyes filling with tears when Hannan appeared. Those nearby comforted her and each other, and a few cried as they walked out of the courtroom without speaking to reporters.

Pellerin died in hospital on Aug. 30, after being stabbed several times. Police found him unconscious in the parking lot of Farrell Hall on Windmill Road after witnesses reported seeing three men fighting just after 10 p.m. Hannan, of Dartmouth, was arrested Friday night. Over the weekend, investigators laid charges of first-degree murder and possession of a weapon dangerous to the public. A 15-year-old boy is also facing a charge of first-degree murder, and appeared in Halifax youth court Monday.

"This victim was targeted by these two individuals," Halifax Regional Police spokesman

Murders**5**

Daniel Pellerin's death is the fifth murder in HRM so far this year.

Const. Pierre Bourdages said Monday. "It's a very violent crime; there's really no more severe of a crime than murder."

Hannan wore a blue long-sleeved shirt and remained silent during his appearance in Dartmouth provincial court, but hid his face as he left the building later on. He will next appear on Oct. 16 at 9:30 a.m.

Bourdages said charges were laid within a week due to a team of investigators "working tirelessly" on the homicide as soon as it happened, but could not comment on what led police to lay charges.

First-degree murder implies some level of premeditation, Bourdages said, but he could not add what the "original dispute" was about or how they knew one another.

Hannan was charged with attempted murder for shooting his younger brother in the stomach in March 2011. He was sentenced to 29 months in prison for aggravated assault, careless use of a firearm, and possession of a firearm while prohibited. **HALEY RYAN/METRO**



Trevor Kyle Hannan covers his face as he leaves Dartmouth provincial court on Monday. **JEFF HARPER/METRO**



Don't put your life on our line.

This season, prevent a senseless tragedy by steering clear of train tracks. Not only is riding an ATV on a railroad's right of way illegal, you may be too focused on having a good time to hear a train coming.



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Medical marijuana lounge owner released on charges after search

Chris Enns.

Supporters decry police investigation as harassment



RUTH DAVENPORT

ruth.davenport@metronews.ca

About a dozen supporters came to Halifax provincial court on Monday for the arraignment of a medical marijuana lounge owner, calling the charges against him "sickening" and "despicable."

"It's bulls—t," said Farm Assists client Will Jackson. "Once again, another shake-down ... How can you put someone in jail who gives (medication) away?"

Chris Enns and fiancée Sherri Reeve were arrested Friday when police searched the Farm Assists location on



A handcuffed Chris Enns gives a double thumbs-up to the cameras as he leaves Halifax provincial court on Monday.

JEFF HARPER/METRO

Gottingen Street, the couple's home and a grow facility in Head of Chezzetcook.

Police said they were responding to public com-

plaints, but Reeve and her supporters claimed it was part of a pattern of harassment.

"We believe they're at-

tacking Chris because he's giving away free medicine to cancer patients," she said. "We never get to know who those complainants are, (or



Sherri Reeve JEFF HARPER/METRO

what the complaints were."

Reeve said she's skeptical of the charges — which include drug production and trafficking — and police investigation, saying only cash was seized from the couple's home, but no cannabis or cannabis extract.

"I assume they didn't take it because they knew I had a legal right to possess it," she said. "We weren't over our plant numbers, we didn't have too much on us at the time. I haven't broken any laws."

She also said officers seized plants at the couple's legal grow facility, claiming they were too large, though the licence doesn't include any restrictions on size.

With Farm Assists out of commission, Reeve said patients who relied on their product have nowhere to turn — a situation client Will Jackson called an "injustice."

"We're tough men," he said.

"There's people out there that need their medicine that can't come down here and fight for it. So we're here for them, too."

Enns, a licensed medical marijuana user, was released from custody Monday, under conditions to not possess, use or produce a controlled substance. He is still able to smoke and grow medical marijuana.

He's due back in court on Sept. 29.

Halifax crime dips in second quarter of 2014

The latest figures from Halifax Regional Police and the Halifax RCMP show overall crime has fallen slightly in the second quarter of 2014, compared to the same period in 2013.

A release from police shows that violent crime has fallen by 10 per cent, which includes "marked decreases"

Missing

Figures for sexual assault were not provided.

in attempted murders and robberies.

Assaults, which fell by just three per cent, accounted

for 90 per cent of all violent crimes in the second quarter of 2014.

Property crime, which accounts for more than half of the total Criminal Code offences, has risen slightly, but break-ins have fallen by more than 11 per cent and motor-vehicle theft is down by 20 per cent. **METRO**

Arlene McLean

Woman's disappearance remains unsolved 15 years later

Fifteen years ago Monday, 28-year-old Arlene McLean walked out of her Eastern Passage home and got into her car to go for a drive.

She never returned. Investigators are still looking for McLean, who was last seen leaving her residence on Melrose Place at about 8:30 p.m. on Sept. 8, 1999.

McLean only had the



Arlene McLean COURTESY RCMP

clothes she was wearing at the time, along with her purse, when she disappeared. She left her

common-law husband and eight-year-old son behind.

She left in the family car, a 1993 green four-door Hyundai Elantra, which was never recovered.

Halifax RCMP issued a news release Monday reiterating it's believed "the circumstances of her disappearance are suspicious."

Anyone with information is asked to call Halifax RCMP, Halifax Regional Police or Nova Scotia Crime Stoppers anonymously at 1-800-222-8477.

METRO

For more news visit metronews.ca



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Festival will showcase best of Gottingen's past, present

250 years. Celebration of history kicks off Tuesday, main events this weekend



HALEY RYAN

haley.ryan@metronews.ca

It's the 250th anniversary of Gottingen Street this week and, as people take in the all of the music and events, Patricia Cuttall Busby is hoping they also reflect on the road's diverse history.

Gottingen 250 kicks off Tuesday in celebration of 1764, the year German settlers in the city's north end asked to rename their suburbs after King George II, who was descended from the Gottingen line.

"Two hundred and 50 years is a really big deal," said Cuttall Busby, executive director of the North End Business Association.

"We're proud of that."

At 10 a.m. Tuesday, 106.9 GotAVoice FM launches as the official radio station of the festival and will be carrying segments including local music, interviews with Halifax Regional Police Chief Jean-Michel Blais, Hope



People walk past a colourful mural on Gottingen Street on Monday. JEFF HARPER/METRO

Blooms, genealogy and community stories.

On Friday, MapApp's launch will allow people to stop at a location on Gottingen and pull up the history of that address to see stories, dates and old photos or add their own.

"It's a way of sharing our collective history and really making (it) accessible," said

Cuttall Busby.

"Stories of places like Club Unusual or the (Metropolitan) ... the days when Gottingen Street was the premiere shopping location in Halifax."

Plaques recognizing important people in the area will also be unveiled, including one on Viola Desmond's old salon.

The area has historically

been home to a large African Nova Scotian population, as well as Chinese and other immigrant communities over the years, said Busby.

Although some businesses have left over the years, she said, streets go through phases and now the area is seeing "real revitalization."

"(We are) opening the doors for all of Halifax to

come and experience the best that Gottingen has to offer," said Cuttall Busby. "It's something to be excited about as city."

Saturday and Sunday are expected to draw large crowds with live music at 2183 Gottingen, food vendors and a beer tent. Maitland Street will be closed Saturday for an open-air market.

Gottingen 250 highlights

Saturday:

- Mi'kmaq opening at noon, daytime main stage
- Hope Blooms kid zone 12 to 7 p.m. at St. Patrick's Alexandra
- Uptown Youth Talent Show on Maitland Second Stage 3 to 5 p.m.
- Evening Main stage acts: Cindy Cain 8:30 to 9:15 p.m., JRDN 9:30 to 11 p.m., DJ Dance Party IV Amazona 11 p.m. to 1 a.m.

Sunday:

- Maitland Stage: Pig Roast 1 to 2 p.m. Community Choir Performance 2 to 3 p.m.
- Daytime main stage: Ria Mae 4 to 4:45 p.m.; Ghet-tosocks 5 to 5:45 p.m.; Skratz Bastid 6 to 8 p.m.

Go to gottingen.ca for a full schedule, MapApp and 106.9 information.

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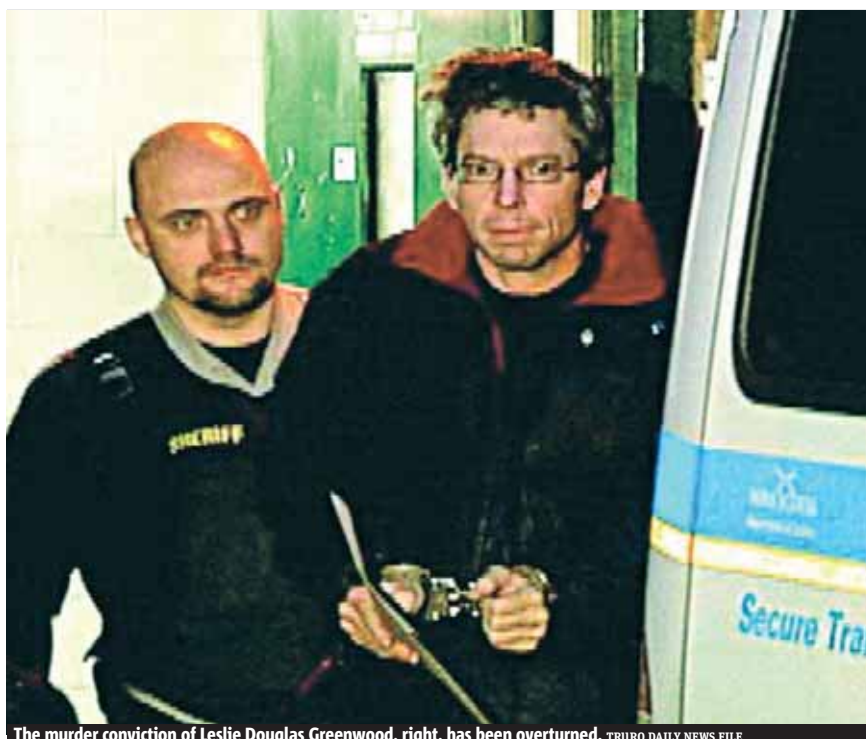
Being first in fashion has never mattered more! Every Friday, between 5pm and 8pm, the myHSCcloset iPhone app will push a notification with the name of the day's secret spot in Halifax Shopping Centre. The race is on! The first five shoppers to arrive at the secret spot's check-in post will receive their choice of five amazing prizes! Visit facebook.com/halifaxshoppingcentre for details and rules & regulations.

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*First five shoppers to arrive at that day's Halifax Shopping Centre secret spot(s) choose, in order of arrival, from five awesome prizes. Contest closes on September 12, 2014.



The murder conviction of Leslie Douglas Greenwood, right, has been overturned. TRURO DAILY NEWS FILE

N.S. Court of Appeal overturns verdict in double murder case

Hells Angels. Leslie Douglas Greenwood had been found guilty of execution-style killings

The Nova Scotia Court of Appeal overturned two first-degree murder convictions and ordered a new trial for a man found guilty in Kentville provincial court two years ago.

The Court of Appeals decision stems from the use of hearsay evidence in Leslie Douglas Greenwood's jury trial, held in Kentville in May 2012, and whether the judge adequately cautioned the jury.

Greenwood had been convicted of the first-degree murder of Barry Kirk Mersereau, 48, and Nancy Paula Christensen, 47, who were murdered, execution style, in their Centre Burlington, Hants County, home in September 2000. On May 9, 2012, Greenwood was sentenced to life in prison without parole for 25 years.

During the trial, Greenwood did not testify. However, the Crown introduced a videotape of his interrogation by police, conducted in December 2010, when he repeatedly denied killing Mersereau and Christensen.

In the 442-page transcript of the day-long interrogation, Greenwood claimed he was at the house to pick up drugs, knew nothing of any killings and had no gun.

He said the Crown's key witness, Michael Lawrence, acted alone while Greenwood was outside the house. Lawrence was sentenced in January 2012 for his part in the murders.

Lawrence testified Greenwood shot the victims first and then Lawrence shot them again. The Crown alleged that Greenwood was acting to erase his Hells Angels drug debt.

"The judge warned the jury that Lawrence was 'the ultimate unsavoury character' and advised the jury to look for other evidence that confirmed Lawrence's account. The jury convicted Greenwood of both murders," the decision states.

A recorded statement from Jeff Lynds, another witness, was also played during Greenwood's police interrogation. Lynds was dead by the time of Greenwood's trial. Yet another man, Curtis Blair Lynds, pleaded guilty in May 2014 to two counts of second-degree murder in connection with the killings.

Greenwood's appeal

Judge erred

The Court of Appeal also ruled the judge erred by not holding a voir dire or listening to the recorded statement of Lynds prior to playing it for the jury, even though Greenwood's lawyer objected to its use.

claimed the chief justice erred in law by allowing the jury to hear Lynds' statements during the recorded police interrogation of Greenwood and by providing confusing instructions to the jury on the use of Lynds' statements.

The Crown also submitted an affidavit by Lawrence's lawyer, Brian Bailey, who also testified. The use of Bailey's evidence was in dispute in the appeal because it did not include limiting instruction to the jury.

The Nova Scotia Court of Appeal found the charge to the jury was not unfair and the judge's warnings were adequate, so those grounds of appeal were dismissed. However, the affidavit and evidence from Lawrence's sentencing lawyer, Bailey, was deemed hearsay.

KING'S COUNTY REGISTER

'Indecisive'. Vince Hall considers running in Cape Breton byelection

Vince Hall, who threw his hat in the ring for mayor of Halifax in 2012 only to drop out three months later, says he's considering running in a pending Cape Breton Regional Municipality byelection.

"I've received a lot of calls of support from people wanting me to run," said Hall, a councillor in the CBRM from 1997-2008.

"I'd be lying if I didn't say politics is in my blood," he said, adding that he's "indecisive" about what to do at this point.

"On the other hand I'm flattered people are remembering what I can do for the community, my individual constituents, as well as the region as a whole," he said.

"There seems to be a little bit of interest in trying to encourage me to jump back into it. We'll see how this plays out and I'll make a decision in short order about what I'm doing."

Hall was elected for the Cape Breton-Victoria Regional School Board in a 1996 and the elected to CBRM council in

1997, 2000 and 2004.

Hall said since leaving CBRM council in 2008 he still receives calls from people looking for help.

Hall says he works in consulting now. He said he's always felt guilty about leaving CBRM politics, but at the time it just wasn't working for him.

"I didn't balance my life as healthy as I should have. At the end of the day, it got to me, it was time for me to take a break and get away from the public eye and the demands of being in public office."

Hall has two impaired-driving convictions on his record — one in 2001 and another in 2007. He was also criticized for missing several meetings in 2007 as councillor in Cape Breton while teaching part-time in Halifax, and for using \$8,000 in municipal professional development money to cover the cost of university courses.

Hall admits he's made mistake, apologized for them and moved on. **CAPE BRETON POST**

Ladder-climbing

Spike in break-ins involving ladders climbing: Police

Police in Halifax are giving the public a heads-up about recent break-ins involving ladders.

Police say two attempted break-ins occurred in Ketch Harbour and Clayton Park, while a Lower Sackville residence was also entered.

Police say the criminals appear to be targeting unoccupied homes and using ladders left outside to reach unlocked windows on the second floor. Police are asking anyone who notices anything unusual to contact them. **METRO**

Crime stats

Over 100 charged with drunk driving

Police in Halifax say more than 100 people were charged with impaired driving in August. The 104 total includes 78 men and 28 women ranging in age from 18 to 81. **METRO**

Upcoming Halifax Transit BUS OPERATOR RECRUITMENT

If you enjoy interacting with the public in a service-oriented environment, then being a Halifax Transit Bus Operator may be the right place for you.

Halifax Transit is creating a resource bank for Bus Operator positions and Bus Operators will be hired from this resource bank based on operational requirements.

Interested candidates are asked to review information about the position at halifax.ca/transit/careeropportunities.php and are encouraged to attend one of the following Bus Operator information sessions.

September 10, 2014	6:30 pm	Halifax Forum (Maritime Hall) 6205 Almon Street
September 12, 2014	12 noon	Dartmouth North Community Centre 105 Highfield Park Drive
September 15, 2014	6:30 pm	Sackville Fire Hall 1 Metropolitan Avenue
September 18, 2014	6:30 pm	North Preston Community Centre 44 Simmons Road

On September 23, 2014 interested candidates may apply to Halifax Transit by visiting halifax.ca/employment. The competition for Bus Operator positions will close on October 7, 2014 at midnight.

HALIFAX
TRANSIT

For more information visit: halifax.ca/transit

Yarmouth ferry prepares to dock its first season three weeks early

Drop in bookings.
Service scheduled to end in mid-October now

The CEO and president of Nova Star Cruises says the decision to end Nova Star's sailing schedule three weeks early was definitely economically driven.

And Mark Amundsen says moving forward the mid-October date will most likely signal the season end-date for the cruise ferry service.

He says bookings dropped dramatically for the period after the Canadian Thanksgiving and U.S. Columbus Day weekend. Even with the best marketing next year, he doesn't expect that to change.

"It seems to be that's the natural end-of-season point," Amundsen said Monday. "That's why we chose to do



A smaller ferry passes by the Nova Star ferry as the ship prepares to make its maiden voyage from Portland, Maine, to Yarmouth on May 15, 2014. The ferry service between Nova Scotia and Maine this year is ending nearly three weeks earlier than planned. ROBERT F. BUKATY/THE CANADIAN PRESS/THE ASSOCIATED PRESS

it now before we got more bookings for that period after."

Nova Star Cruises announced Monday that its final crossing of the season

from Portland will be on Oct. 13. Originally, the season was to go to Nov. 2.

Quoted

"I don't think it's too much of a surprise that they're asking to go to a date that is more in line with what has been done in the past and certainly seems, at first glance, to make good economic sense."

Michel Samson, the province's minister of economic and rural development and tourism

Amundsen says they had been putting off a decision on whether to end the season early for as long as they could, but eventually the numbers made the decision for them.

"The drop-off is dramatic. If you saw the list you'd say, 'Yep, that's the point,'"

he said. "From Portland to Yarmouth we burn approximately \$40,000 a day in fuel, so if you have very few people on board the vessel it just doesn't make sense ... to operate the service for the sake of operating the service."

In those three weeks when passenger counts were down significantly, the company would have spent about \$800,000 on fuel alone. And this doesn't account for the other on-board expenses.

Past ferry services that operated in Yarmouth also traditionally ended their shoulder seasons in mid-October.

Early on in this inaugural season, Nova Star Cruises had to tap into all of the \$21 million that had been set aside for the service over seven years. Initially, \$12 million was supposed to have been dispersed this year.

YARMOUTH VANGUARD

Last-minute Convergys contract saves 230 jobs

A call centre on the brink of closure in Nova Scotia has been given a reprieve.

Convergys says it has secured extra work from an existing client to keep its centre in New Glasgow open at least until December 2015.

The American-owned centre announced earlier this year that it would close on Sept. 28, putting about 300 people out of work.

With additional work

Other closures

Three other Convergys call centres in Nova Scotia have closed in recent years, including locations in Dartmouth, Truro and Cornwallis.

lined up, spokeswoman Brooke Beiting says there is no need for any layoffs.

Beiting also says the company isn't looking to hire any more staff, even though some employees left after Convergys announced the centre would be closing.

She says there are just over 230 people working at the centre.

Beiting says the company will continue trying to secure more business for the centre, which opened in 2001.

THE CANADIAN PRESS

Crime

Man gets 20 months for sexually assaulting boys

A Nova Scotia man is serving 20 months in custody after being convicted of multiple sexual offences involving underage boys.

Donald Kevin Huntley, 52, was sentenced Monday for luring a child under the age of 16 for the purpose of facilitating an offence, accessing child pornography and sexual assault in Windsor provincial court.

He entered guilty pleas to all of the charges.

The charges stem from incidents that occurred from 1997 to 2011, with three separate teenage boys under the age of 16. HANTS COUNTY JOURNAL

Crime

Man charged after police search yields firearms, wild game

A man is facing multiple charges after police in Nova Scotia searched a Bay St. Lawrence Road home.

Ingonish Beach RCMP executed a search warrant in community on Thursday.

Police say they seized ammunition for multiple firearms, meat and body parts of wild game, stolen property, and prescription pills.

The 45-year-old man, who was arrested without incident, is facing charges of breaching a probation order, possession of stolen property, unauthorized possession of ammunition and unlawfully possessing animal parts of the deer family, which is a Wildlife Act offence. CAPE BRETON POST

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Prince George to welcome new baby brother or sister

Duchess of Cambridge expecting. Kate is being treated for acute morning sickness

Prince George is not going to be an only child for long — the toddler will soon have a baby sister or brother to share his fancy digs at Kensington Palace.

British royal officials said Monday that Prince William and the Duchess of Cambridge, the former Kate Middleton, are expecting their second child.

Once again, Kate is being treated for acute morning sickness in the early phases of her pregnancy. The first time she was so ill she required hospitalization.

Now she is being treated by doctors at her residence in Kensington Palace. She cancelled a planned engagement in Oxford to rest and receive medical care.



Kate, Duchess of Cambridge, with son Prince George and Britain's Prince William during a visit to the Sensational Butterflies exhibition at the Natural History Museum in London on July 2. JOHN STILLWELL/THE ASSOCIATED PRESS

Prince William told well-wishers in Oxford that Kate should be over the worst of her symptoms in a few weeks. He repeatedly thanked people for congratulating him and said Kate was disappointed she could not travel.

"She wishes she could be

here," he said. "She's feeling OK, thanks. It's been a tricky few days — week or so — but obviously we're basically thrilled. It's great news, and early days. We're hoping things settle down and she feels a bit better."

The new baby, boy or girl,

will become fourth in line to the throne, pushing Prince Harry to fifth.

George, who is 13 months old, is third and likely to become Britain's monarch one day. William is second in line, while his father, Prince Charles, is first. **THE ASSOCIATED PRESS**

Poroshenko gives speech of strength in southeast Ukraine

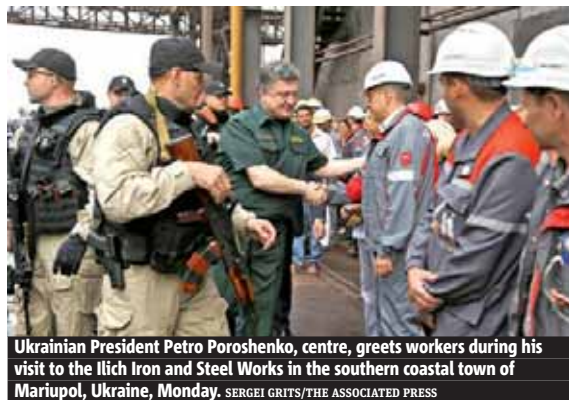
Ukraine's president made a surprise trip Monday to a government stronghold in the turbulent southeast, delivering a fiery speech to hundreds of workers in hard hats, in a dramatic show of Kyiv's strength in the region.

"This city was, is, and will be Ukrainian!" President Petro Poroshenko told metal plant workers in the embattled coastal city of Mariupol.

Poroshenko's trip to the strategic port, just days after it faced sustained rebel fire, underscored that Kyiv is unlikely to loosen willingly what remains of its grip on Ukraine's rebellious east. It also came as a tenuous ceasefire appeared to be holding Monday between the Russian-backed separatists and Ukrainian troops in eastern Ukraine.

The president spoke from a stage decorated with Ukraine's blue and yellow colours, after leading the room in singing the national anthem.

"Mariupol proved that we won't let anybody burn our city to the ground. The workers of Mariupol protected peace and calm in the city," he said, emphasizing that in eastern Ukraine "our most important resource is people."



Ukrainian President Petro Poroshenko, centre, greets workers during his visit to the Ilich Iron and Steel Works in the southern coastal town of Mariupol, Ukraine, Monday. SERGEI GRITS/THE ASSOCIATED PRESS

Despite the symbolic display of strength, Poroshenko was often on the defensive in his speech, insisting that he had not agreed to Friday's ceasefire out of weakness. He also reiterated that independence for the separatist region was off the table and that there would be no political negotiations to end the crisis other than with "elected leaders" of the region — but exactly who those leaders were was left unclear.

Those comments signalled that, even if the truce holds, eastern Ukraine's entrenched political problems are far from being resolved.

The area around Mariupol had remained relatively untouched by violence until the last two weeks, when rebel forces pushed toward the city, shelling its outskirts as recently as Saturday.

The port is strategically located on the Sea of Azov, raising fears that if it fell, the rebels could link up mainland Russia with Crimea, the Black Sea peninsula annexed by Russia in March. The move would cost Ukraine another huge chunk of its coastline and all the mineral riches believed to be under the Sea of Azov.

THE ASSOCIATED PRESS

Anti-gay bill

New law in Gambia imposes life sentence for homosexual acts

A Gambian lawmaker says the National Assembly has passed a bill imposing life imprisonment for some homosexual acts.

Minority leader Samba Jallow said Monday the bill brings life sentences for "aggravated homosexuality."

A draft bill seen by The Associated Press contains language identical to a controversial anti-gay bill signed into law in Uganda earlier this year. It defines "aggravated homosexuality" to apply to "serial offenders" and people living with HIV/AIDS.

National Assembly Speaker Abdoulie Bojang confirmed the bill amending the criminal code was passed last month but would not say whether there had been changes to the draft.

Amnesty International says the bill, if signed by President Yahya Jammeh, would add to "the climate of fear" facing Gambia's sexual minorities, who can already be jailed for up to 14 years. **THE ASSOCIATED PRESS**

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Climate change. It's the issue that cannot be named in many U.S. cities

Climate change remains a political minefield across the U.S., despite the strong scientific consensus that it's happening. So some local leaders have hit upon a way of preparing for the consequences without triggering partisan warfare: Just call it something else.

In many communities, they're planning for the volatile weather linked to rising temperatures by speaking of "sustainability" or "resilience," while avoiding no-win arguments with skeptics over whether the planet is warming or that human activity is

responsible.

Cities and towns are shoring up dams and dikes, using roof gardens to absorb rainwater or upgrading sewage treatment plans to prevent overflows. Others are planting urban forests and helping farmers deal with an onslaught of new crop pests.

The pattern illustrates a growing disconnect between the debate still raging in politics and the reality on the ground. In many city planning departments, it has become the issue that cannot be named. **THE ASSOCIATED PRESS**

Chile

Seven injured in subway explosion

A bomb exploded in a Santiago, Chile, subway station on Monday, injuring at least seven people.

It was the most damaging in a string of bombs planted

around the capital this year.

The injuries apparently were caused by fragments in a fire extinguisher placed in a trash bin by a food stall at the Escuela Militar subway stop.

Some anarchist groups have claimed responsibility for earlier blasts, demanding freedom for two imprisoned anarchists. **THE ASSOCIATED PRESS**

Troops rescue thousands stranded by Kashmir floods



Pakistani army soldiers help rescue villagers in Pindi Bhatian, 105 kilometres northeast of Lahore, Pakistan, Monday. K.M. CHAUDARY/THE ASSOCIATED PRESS

Worst in five decades.

More than 120 people have died in India and 205 in Pakistan

Rescue workers in boats and helicopters worked to save thousands of people trapped in homes and on rooftops Monday after floods and landslides killed more than 320 people in the Himalayan region of Kashmir and eastern Pakistan.

Six days of torrential rains have soaked both sides of the divided territory of Kashmir, which India and Pakistan

Quoted

"We had been on the roof (of a mosque) for two days until the helicopter rescued us."

Farmer Abid Hussain, who was among those rescued in the Bagh Unna area

each claim.

The countries' leaders kept tensions low in the wake of the floods. On Sunday, Indian Prime Minister Narendra Modi sent a letter to his Pakistani counterpart, Nawaz Sharif, offering India's help in relief efforts to the Pakistan-controlled portion of Kashmir. Sharif issued a statement of his own, saying Pakistan is "ready to help in whatever way possible" in Indian-controlled Kashmir.

But given military tensions, it is unlikely either side will take up the offers.

Although the rain has stopped, thousands of people were in peril in both countries. In the Indian-controlled portion of Kashmir, which suffered its worst flooding in five decades, the force of the water snapped electric pylons and disrupted mobile telephone and landline networks, leaving many in the dark with no means of communication.

THE ASSOCIATED PRESS

Military getting a new operations commander

A former combat commander has been selected to oversee Canadian military operations both at home and abroad.

Lt.-Gen. Jonathan Vance, who twice led the army's task force in Kandahar, will be sworn in Tuesday as the country's joint operations commander.

He replaces Lt.-Gen. Stuart Beare, also a veteran of the Afghan war, who says the one thing his successor can expect is the unexpected.

With parts of the Middle East, South Asia and African perpetually on fire, Beare said the region he could always count on to remain stable was Europe.

Not any more.

The annexation of Crimea and the involvement of Russian troops in the fighting in eastern Ukraine has upended the security status quo.

Beare is retiring after 36 years and one of his last acts has been overseeing the deployment of special operations troops to northern Iraq to provide advice to forces battling the Islamic State of Iraq and al-Sham (ISIS), an al-Qaida offshoot.



Maj.-Gen. Jonathan Vance, seen in this January 2013 file photo, has been selected to oversee Canadian military operations both at home and abroad. SEAN KILPATRICK/THE CANADIAN PRESS

Beare says the military's tendency to plan for things to be the same as last year has been thrown out the window over the last few years.

The rapid unravelling of stability along Europe's eastern frontier is a significant shift for the Canadian military, which has not had a continuous presence in the region since early 1990s and the end of the Cold War.

Beare was called upon to rapidly deploy a flight of CF-18 jet fighters and their

ground crews to take part in patrols and an air policing mission over the Baltic states. Under his watch, a frigate was redeployed to join a standing NATO task force, which is taking part in an exercise in the Black Sea over the next few days.

He was also in charge of the withdrawal of training forces from Kabul, ending more than 12 years of Canadian military involvement in Afghanistan.

THE CANADIAN PRESS



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Feds make recognition of foreign credentials top priority for fall

Foreign workers.

Environics report says immigrant workers feel language, job requirements are key employment hurdles

The Conservatives have made the recognition of foreign credentials for new immigrants a top priority in the fall, but skilled newcomers have told government-commissioned

researchers there are huge obstacles that prevent them from finding jobs despite their being qualified to work in Canada.

In a report prepared earlier this year by Environics Research, newcomers in 12 focus groups across the country said other issues hinder their ability to get work. The participants — including doctors, pharmacists and engineers — said language barriers and requirements for Canadian experience pose the biggest problems.

They said they suspected that Canadian experience re-

quirements were “a coded way for employers to favour the Canadian-born,” the report said. They also pointed to a lack of Canadian connections or networks and “difficulty in general social interactions due to language and cultural differences.”

Altogether it was felt formal recognition of foreign credentials was not a major barrier to employment.

A spokesman for Employment Minister Jason Kenney said the government commissioned the study in order to determine why skilled im-

migrants had trouble finding work. He added that the Tories plan to unveil initiatives soon, aimed at tackling the problems.

Earlier this summer, Kenney announced an agreement with the provinces to recognize 10 new occupations, including welders, carpenters and electricians, to improve foreign-credential recognition.

Since introducing them in 2012, the Conservatives have issued more than 1,000 foreign credential recognition loans to foreign-trained professionals to help them pay to have their cre-

denials recognized in Canada through further training.

Participants in the Environics report also urge the government to raise more awareness about credential issues, additionally suggesting an education component be added with a focus on the skills needed to work in Canada.

“From the participants’ perspective, the more details the better and the sooner they can find out about these details in their immigration process, the better,” the report said.

THE CANADIAN PRESS

Chinese workers

Chinese workers said they feel their training is of limited use in Canada.

- **Varied standards.** Many Chinese participants felt everything related to their field in China was radically different and could not be applied to a Canadian job. The study noted differences in the worth of law degrees.



Late-summer snowfall brings flurry of winter visions

A snow-covered tractor and hay bales sit in a field during a late-summer snowstorm near Cremona, Alta., Monday. Snowfall warnings have been issued for much of the province over the next couple of days. JEFF MCINTOSH/THE CANADIAN PRESS

Incentive-based pay

Teacher pay should be connected to student success, study says

A new study out of the Fraser Institute contends that financial bonuses and other incentives for teachers should be based on student achievement, if Canadians want to remain competitive on the world stage.

The report from the conservative-leaning, non-partisan think-tank makes the argument that just as other professionals receive performance-based bonuses, so too should teachers who improve student performance.

Wayne Ross, an education professor at the University of British Columbia, said the findings are based from a flawed assumption.

THE CANADIAN PRESS

Union demands

B.C. teachers' federation may vote to end strike

The B.C. Teachers' Federation will conduct a province-wide vote on Wednesday, asking members if they're prepared to end the strike if the government agrees to drop a contract clause over class size and composition, and to binding arbitration.

Over the weekend Education Minister Peter Fassbender rejected the idea of arbitration, but federation president Jim Iker said he is giving the government another opportunity to agree to the union's proposal.

B.C. Minister of Finance Mike De Jong said if the province accepted the union's demands, it would cost every property owner an extra \$200 a year.

THE CANADIAN PRESS

Nanisivik. Amid high costs, government ditched plans for base: Document

The Defence Department balked after the cost of a long-delayed docking and refuelling station in the Arctic ballooned to more than twice its original estimate, a newly released document shows.

The soaring price tag is the reason the federal government decided to scale back its original plans for the Nanisivik naval base, at the eastern entrance to the Northwest Passage.

A December 2013 briefing note to Defence Minister Rob Nicholson says the Royal Canadian Navy in 2010 approved a \$258-million plan to build the base. That was a huge jump from an estimate of \$100 million made in 2007, when Prime Minister Stephen Harper made his “use it or lose it” speech about the Arctic.

The new cost proved too steep for the department, forcing the Defence Department

Arctic sovereignty

Russia has also actively been expanding its military presence in the Arctic.

- **Soviet bases.** Russia has re-invested in Soviet-era military bases abandoned after the Cold War.
- **Mobilized.** The Russian government has also deployed nuclear subs and icebreaker patrols.

to abandon its original plans for new office, workshop and accommodation buildings, a landing strip, and a full-time year-round staff of 15 people.

Canada's defence budget has faced cuts in recent years as the government looks to balance the budget by 2015.

THE CANADIAN PRESS

Discrimination. Ottawa firm rapped for saying it 'only hires white men'

Ontario's Human Rights Tribunal ruled an Ottawa-area company discriminated against a foreign-born applicant by telling him it “only hires white men.”

The tribunal ordered Ottawa Valley Cleaning and Restoration to pay \$8,000 to Malek Bouraoui, who was denied a job last year. Bouraoui said after applying for a job, he received

a call from a man named Jesse, who asked what country he was from and whether he was white or black. He later received text messages from Jesse, saying he didn't hire foreigners to keep “the white man working.”

The tribunal ruled that the contents of the text messages were not only discriminatory but “egregious and abusive in nature.” THE CANADIAN PRESS

DON'T LIKE IT? DON'T EAT IT

If I have to choose between cooking for myself and going out for a meal, I will always take the restaurant route.

If I had a higher disposable income I would probably turn my oven into full-time storage space and rack up enough OpenTable points to earn a free meal every week.

Dining out is not for everyone, though. For extremely picky eaters, it can be a nightmare, but sometimes one has to wonder why she bothers eating out in the first place.

One restaurant in Florida made headlines last week over its strict policy that bans ketchup for customers over the age of 10.

Mad Fresh Bistro in Fort Myers also refuses to provide salt at the table, make any substitutions or split the check more than three ways.

There are a surprising amount of rules at this place, which describes its menu as "mouthgasmic."

Outlawing one of the world's most popular condiments is a



SHE SAYS

Jessica Napier

metronews.ca

surefire way to get customers outraged (and gain some publicity for your mid-range burger joint).

And while I love ketchup — like squeeze-half-the-bottle-on-a-plate-and-dip-my-hot-dogs-in-it kind of love — I actually have to agree with the "Mad" chefs on this one.

We go out to eat to experience someone else's idea of what a good meal might taste like. Sure, it's a bit pretentious to insist that your customers make absolutely no modifications to your food — especially for a place that already boasts that it serves "madFRESH quinoa" — but you know what? If that's what these professionals want to do at their own restaurant, then that's their pre-

rogative.

If you think about it, it's actually pretty insulting to go to a restaurant and douse your thoughtfully prepared meal in sugary sauces and table salt.

Legitimate food allergies aside, catering to individual culinary requests and dietary restrictions is unfortunately not in a

No, you can't make a substitution

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

chef's best interest.

It is completely unrealistic to expect restaurants to accommodate every whiny patron who insists his chicken be cooked to a precise temperature or that her potatoes absolutely do not touch her steak.

They say the customer is always right, but let's face it, sometimes customers are complete jerks. Dropping \$23.95 on a dinner out does not give you a licence to be a high-maintenance complainer.

If you can't stand the food, maybe you should get back in your own kitchen.

It's alive!



An adult Aldabra banded snail is seen as it was found on a tree on the coastal fringe of Malabar Island, Seychelles. The Seychelles Islands Foundation says the Aldabra banded snail, previously thought to be extinct, has been rediscovered "alive and well" at the UNESCO World Heritage Site of Aldabra atoll.

C. ONEZIA/THE SEYCHELLES ISLAND FOUNDATION/THE ASSOCIATED PRESS

Snail thought to be extinct still kickin' it in Seychelles

A mollusk once thought to have been among the first species to go extinct because of climate change has reappeared in the wild.

The Aldabra banded snail, declared extinct seven years ago, was rediscovered in the Indian Ocean island nation of Seychelles.

The mollusk had not been seen on the islands since 1997, said the Seychelles Islands Foundation.

A research team from the Seychelles Islands Foundation found seven of the purple-and-pink striped snails on Aldabra atoll's Malabar Island last week.

Conservationists are unsure how a terrestrial snail like the Aldabra banded snail initially reached these hot, dry islands surrounded by saltwater without drying out. **THE ASSOCIATED PRESS**

Vulnerability still remains

"Only time will tell if they can survive the threats of climate change and sea level rise." Justin Gerlach, biologist

MetroTube

Sweet moves



ANDREW FIFE

andrew.fife@metronews.ca

As summer days recede, most of us have fulfilled our wedding guest duties for the year. Hopefully, you had a fine and fun wedding season with happily expanding families. Just one thing, though — was there a hora at any of these shindigs? If not, make this year the year of forging friendships with potential hora dancers. Especially ones such as this Moldovan bride, who doesn't even break a sweat. (YouTube/Marius Fatu)



Twitter

William and Kate are expecting a second child. What should the royal couple name their new baby?

@grumpyoldmanTO: Follow the nomenclature established by the Sharknado franchise: The Second One

@inducedcoma: Roycephus Pulsifer Fudgebottom

@MarkusLkram: NOT Ray Rice.

@mstyczen: "Spare"

@LouroAlfredo: Duke/Duchess of Monumental-Waste-of-Taxpayers' Money-upon-Thames.



SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 12 in Scene and page 22 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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Transformative Tom keeps things interesting

The Drop. Actor Tom Hardy talks about playing a Brooklyn bartender who's underestimated in a gritty crime world

STEVE
GOW

scene@metronews.ca

It's an odd sensation sitting down with Tom Hardy and hearing the British thespian speak in his natural brogue.

After all, whether it's in Depression-era American dramas like *Lawless* or simply mechanized by a creepy mask as Bane in *The Dark Knight Rises*, Hardy rarely speaks on film in his own voice.

"You're talking about adopting a ghost persona," said Hardy — in Canada for the Toronto International Film Fest.

"I try to change every character so there's a distinguished little difference between everything that I've played for two reasons: I love to try to transform, and two, I think it's always good to keep shifting to offer more with the work."

In the new crime-drama *The Drop*, that transformation turns the 37-year-old Londoner into an introverted Brooklyn bartender that gets sucked into the criminal underworld of holding gambling money for gangsters.

"I may have hit it a little bit heavy, but there's something nice about the loyal dog that shuffles along," said Hardy about the sad-sack character that, by the end of the movie, isn't what he seems.

"The movie's supposed to



Scan this photo with your Metro News app to see actor Tom Hardy ply his trade in his latest film, *The Drop*, which premiered at TIFF on Sept. 5 and opens in theatres across Canada this Friday.

The art of acting

- **Tom Hardy on his method.** "Some actors choose a certain type of acting. Other actors get off on authenticating their specificity by transformational work," said Hardy. "That's really more of a nerd thing but that's where I'm at."

underestimate (him) — he's the guy where we don't really know where he's at so in a way it's a very good camouflage for him ... maybe I overplayed that a bit, but I didn't want him to be seen coming."

The drama also stars the late James Gandolfini in his final film role.

Playing the beaten-down bar owner with a plan of his own, the character actor behind TV's *Tony Soprano* may be a commanding presence onscreen, but, as Hardy recalls, he was all heart.

"He made me laugh a lot," recalled the actor. "You have particular people (that) are

Quoted

"I may have hit it a little bit heavy, but there's something nice about the loyal dog that shuffles along."

Tom Hardy on his latest role as an introverted Brooklyn bartender in *The Drop*.

very talented and very beautiful and very sensitive and vulnerable and committed to the work. I don't know about him in a social environment, but (James) was one of those people, those artists — and an island within that."

Late night television

James Corden to replace Ferguson

British actor James Corden will replace Craig Ferguson as host of *The Late Late Show* on CBS next year, part of a complete overhaul of the network's late-night talk show lineup put in motion by the impending retirement of David Letterman.

THE ASSOCIATED PRESS

True Detective. Rachel McAdams frontrunner for lead role in series

Rachel McAdams could join *True Detective*.

The actress is in the running for one of the lead roles in the crime series' second season, according to *Variety*.

As fans await the official announcement of Matthew McConaughey and Woody

Harrelson's successors, rumours on the subject continue to abound. Only a few details are certain for now: the second season will be set in California and will revolve around four main characters, according to the show's creator Nic Pizzolatto.

AFP



Rachel McAdams
GETTY IMAGES

DVD review



Captain America: The Winter Soldier

Director. Anthony Russo, Joe Russo

Stars. Chris Evans, Scarlett Johansson

It's gung-ho vs. shadow as Captain America gets wise in a hurry while being pursued. The contrast makes for the best kind of blockbuster comic-book movie, tweaking the brain while dazzling the eye.

Subtitled *The Winter Soldier*, a nod to Captain America's mysterious new cold-blooded nemesis, the movie comes wrapped not only in the Stars and Stripes but also Water-gate-meets-9/11 paranoia from influences like *The Parallax View* and *Three Days of the Condor*, the latter especially so thanks to the forceful and nuanced presence of Robert Redford.

Chris Evans impressively updates the character (if not the costume) of Captain America. Having fended off the Nazi-allied HYDRA criminal organization in origin film *Captain America: The First Avenger*, he's now engaged in more current heroism. He's after things like Indian Ocean pirates, aided by sexy (and sneaky) fellow S.H.I.E.L.D. agent Natasha Romanoff (Scarlett Johansson), a.k.a. *Black Widow* of *The Avengers* alternate universe.

More vexing to this Greatest Generation dogooder are the flexible ethics of S.H.I.E.L.D. The agency's high-priority Project Insight is a gussied-up drone missile program devised to take out evildoers before they do evil (shades of *Minority Report*).

Cap is learning the hard way, much like the superpower he symbolizes, that an imperfect modern world doesn't offer perfectly moral choices to complex problems.

Extras include deleted scenes, audio commentary, making-of featurettes and a blooper reel.

PETER HOWELL

Jeff Bridges and the Abiders just want to make music, man

Shifting gears. After *The Giver*, actor took his band on the road — he talks music and movies with Metro

NOLAN GAWRON
Metro World News in New York

Shortly after playing the tragic country music hero Bad Blake in the film *Crazy Heart*, and winning an Oscar for the role, Jeff Bridges presented the world with a stellar self-titled country/folk album. A positive collection of well-constructed songs, Bridges teamed up with producer T. Bone Burnett and proved that he had even more to offer. Hot on the heels of his recent movie, *The Giver*, Bridges has somehow found the time to take his band of Abiders on the road.

Was music something you did

before movies and did you ever have to choose between movies and music?

I've been playing since I was 13 or 14, and as far as a time when I wondered if I wanted to go into that, I seriously questioned and asked myself whether acting was going to be my path. And as I grew older it became the path of least resistance. I took that path with the most energy, but the music has always been part of my life. I have a little studio and I like writing music and playing with my friends.

Tell me about the timeline of your self-titled album and your role in *Crazy Heart*. Which came first and did one inspire the other?

Crazy Heart came first and it certainly inspired my record. T-Bone Burnett and I have been friends for a very long time and I met him, oh about 30 years ago on *Heaven's Gate*, and we played a lot of music on that. And that in a way gave

birth to *Crazy Heart*. And after *Crazy Heart* was over, I became deep into the music and kind of restarted my musical thinking there and I thought if there was ever a time to live my teenage music dream, that would be the time. So I called up my buddy T-Bone and gave him a bunch of songs that I thought would be good and he liked them and that was that.

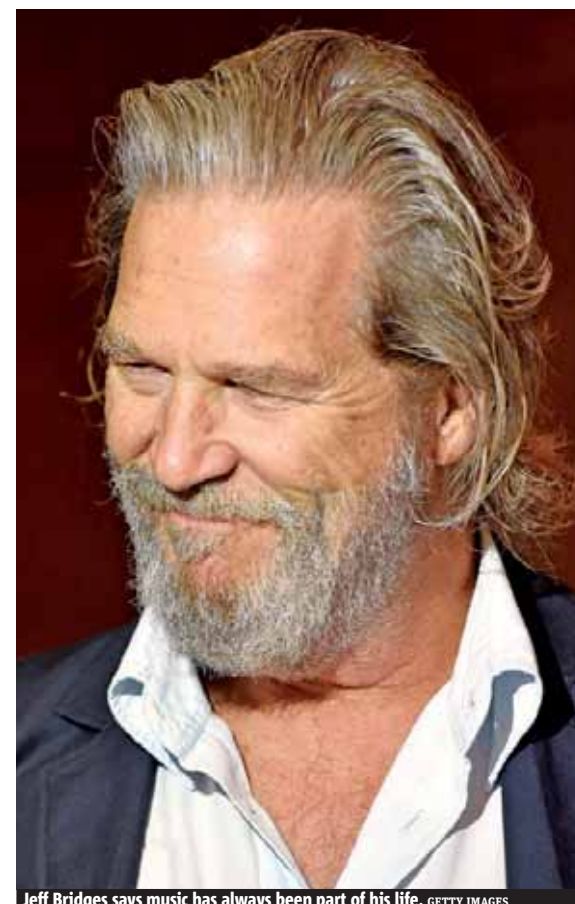
What kind of advice has T-Bone given you over the years that has helped you along the way musically?

He gave me some great advice during *Crazy Heart* that stuck with me through the album as well. T-Bone really likes to make a universe that comes from an alternate universe. When we did the music from *Crazy Heart* he didn't want to copy anyone's style, he wanted to make music that was fresh, familiar, but different. He didn't want it to sound like anyone else. He made me a list of all of the guys that my

character Bad Blake would have listened to while growing up in Fort Worth. He knew what he was talking about because that's where he grew up. He said, "You'd be listening to Merle Haggard, Hank Williams and those guys, but you'd also be listening to Bob Dylan, Leonard Cohen, the Beatles." I asked if I'd be listening to Captain Beefheart? And he said "Oh yeah! You'd be listening to Ornette Coleman too." That was also for the idea for the Jeff Bridges album, too. It didn't have to be a pure country album or a pure anything.

What are your true feelings about The Eagles? Do you really "hate the f—ing Eagles," as the quote from *Lebowski* goes?

That's not me. That's The Dude, man. I ran into those guys at a party and those guys gave me a lot of s—. I said, "Don't take it personally, man. It's a movie, man." The Eagles are fine. I dig Creedence, too.



Jeff Bridges says music has always been part of his life. GETTY IMAGES

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Bieber assault charge withdrawn



Justin Bieber GETTY IMAGES

Canadian pop star Justin Bieber is "relieved" prosecutors have dropped an assault charge against him in connection with an alleged attack on a Toronto limousine driver, his lawyer said Monday.

The charge, which stemmed from an early morning incident on Dec. 30, was withdrawn because there was no reasonable prospect of conviction, prosecutors said in a brief court appearance.

Bieber was charged with one count of assault after he and five others were picked up by a limousine at a Toronto nightclub. Police alleged one of the passengers hit the limousine driver during an altercation.

"The Crown would be required to prove that an intentional application of force occurred, as well as who applied that force," prosecutor David Mitchell told the court.

THE CANADIAN PRESS



Neil Patrick Harris and David Burtka CHARLES SYKES/INVISION/THE ASSOCIATED PRESS

How I wed my partner: Neil Patrick Harris gets hitched to long-time love

Kim Kardashian and Kanye West aren't the only ones who tied the knot this year in Italy. So did Neil Patrick Harris and David Burtka.

The *How I Met Your Mother* star and his actor-chef groom were married Saturday in Italy. They'd been dating for 10 years and are parents

to 3-year-old twins, Gideon and Harper. The grooms wore custom Tom Ford tuxedos and Elton John performed at the reception.

"Yup, we put the 'n' and 'd' in 'husband,'" Harris tweeted Monday. His publicist later confirmed the news.

THE ASSOCIATED PRESS

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Miley, you know how to make an entrance



Oh, Miley. In response to the usual calls of "Who are you wearing?" dur-

ing Fashion Week, pop troublemaker Miley Cyrus can apparently respond, "No one!" The former Disney star showed up to a top-secret New York Fashion Week after-party topless save for a pair of pasties strategically covering her nipples. As you do.

Hey, let's all just be glad she didn't follow that Chanel fashion rule of taking one item off before leaving the house, right?

Mokey Domestic Long Hair

Four-year-old Mokey has had a less than stellar life so far... enduring a lot of disruption in her young life. She has been in the care of one of our foster parents to help her understand that people can be loving and trustworthy. Mokey needs a patient guardian who understands that building relationships takes time but we are confident she will settle comfortably once she knows she's found that special forever home where she can finally relax and let her true personality emerge.

Mokey is patiently waiting to meet you.



For more information on **Mokey** and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

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METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

The View ain't so pretty



Rosie O'Donnell GETTY IMAGES

Don't worry, tensions are finally calming over at the *View* between Whoopi Goldberg and returning table-mate Rosie O'Donnell. "Whoopi and Rosie hate each other. They're constantly at odds," a source tells Radar Online. So what's caused the ease of tensions? Apparently Goldberg has been in talks with ABC about leaving within the next two years, and O'Donnell can just wait her out. "Surprisingly, Rosie has decided not to rock the boat. She'll let Whoopi be the queen bee. Rosie knows she has ABC completely on her side." Definitely sounds like a fun place to work.

Simmer down! Keep your cool when others get heated

Irrational anger. When people overreact to a minor offence, there's a chance it's not about you

KIM SCHNEIDERMAN
Metro in New York

Common superstition holds that bad (and good) things come in threes.

So when, in one evening, two back-to-back clients sought advice about how to respond to unforeseen personal attacks after I also had been verbally accosted earlier that day, I knew I had to address the issue.

In my situation, perhaps my dog and I had behaved objectionably, but I wondered if it really warranted such vitriol from my neighbour.

Though you might laugh,

the intensity of his rage unsettled me. I was able to shake it off, knowing that his accusations of disrespect were unfounded — in fact, I had helped save this very same plot two years ago when his landlord threatened to destroy it.

As a general rule, when people overreact to a relatively minor offence, there's a good chance it's not actually about you. More often than not, their overreaction is a sign that you have stumbled into an old, unhealed wound, making you the perfect patsy.

In this situation, maintaining good personal boundaries — “It's not me, it's them” — can make the difference between fighting back, which will only make things worse, or shrugging it off.

Even when there's an element of truth or culpability buried in the complaint,



There are a range of ways to deal with someone who is taking out his or her anger out on you. ISTOCK

Tactics

These are some of the ways in which you can handle someone's anger.

- **Recognize the anger.** “I see that you're angry. What would help you feel better?”
- **Take the high road.** “I can't receive any constructive feedback when you're personally attacking me.”
- **Insist on a halt.** “That's enough! We'll talk when

you've calmed down.”

- **Detoxify with an apology.** “I'm sorry. I didn't mean to hurt you. What upset you about my actions?”
- **Point out the futility.** “We're getting agitated and going nowhere. Let's back up and start this discussion again.”
- **Diffuse the anger with validation.** “What you are saying makes sense. I agree that, etc.”

it's important to remember that you deserve to be treated with respect. And who knows, maybe your dignified response will help them see the error of their ways — as it did with my neighbour,

who apologized the next day. Easier said than done.

When someone's upset you — especially if it's someone you care about — it can be tough not to let it get under your skin. Take some

deep breaths, then try one of the tactics listed to the left.

KIM SCHNEIDERMAN'S BOOK, **STEP OUT OF YOUR STORY: WRITING EXERCISES TO REFRAME AND TRANSFORM YOUR LIFE**, IS BEING PUBLISHED IN THE SPRING.

TOP SIX @ 6 Weeknights at 6 Kat counts down the HOTTEST songs of the day

- 6 Hedley Heaven In Our Headlights
- 5 Meghan Trainor All About That Bass
- 4 Iggy Azalea ft Rita Ora Black Widow
- 3 Katy Perry This is How We Do
- 2 Jessie J, Ariana Grande and Nicki Minaj Bang Bang
- 1 Taylor Swift Shake It Off

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3 LIFE

Who needs meat? All hail Baby Kale Caesar Salad Sandwiches

Health Solutions

Breaking out of the bread box — literally



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

What with paleo, vegan, gluten-free, a sandwich just can't be a sandwich anymore.

Grilled cheese is taking its revenge with its moment in the spotlight but it is worth expanding the genre.

Rather than bread, try using these:

- Romaine, swiss chard, steamed kale leaves or Boston lettuce as wraps
- Rice paper wraps
- Top grilled portobello mushrooms
- Stacked apple slices
- Skewers
- Layers in shot glasses or mini containers
- Hollowed out cucumber



- Filled celery groove
- Red peppers as bread

Snaz up fillings by turning them into salads and hollowing out buns or baguettes. Try:

- Tuna, olives, grapes and chopped celery
- Cooked potatoes, chick peas, curry powder and yogurt
- Salmon, dill, chopped kale and honey mustard
- Feta cheese, chopped peppers, steamed Brussels sprouts and oregano
- Frozen spinach, blue cheese, mayo, dried thyme, and chopped garlic

Lunchbox season is upon us and you'll be bored of cheese on bread in no time. Slap this list on the fridge and avoid the brown-bag burnout.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



This recipe serves four. THERESA ALBERT

START TO FINISH
15 MINUTES

Inspired Lunches Week. The green that's been grabbing the spotlight replaces traditional lettuce

THERESA ALBERT

myfriendinfood.com

This mixture is equally good cold or grilled. If you want to take it for lunch, keep the salad filling separate until you are

FLASH FOOD



From your fridge to your table in 30 minutes or less

ready to enjoy and pre-scoop the buns.

Keep the insides of the buns, break them up onto a cookie sheet, toast them in the oven and then blend them into breadcrumbs.

If you want to go low-carb or paleo, simply swap the bread

for rice or lettuce wraps!

1. Mash boiled eggs with tofu, Parmesan, anchovy paste, lemon zest, juice, mustard, vinegar, oil and garlic. Mix well and toss with kale. Stuff into bread.

2. If you wish to have a hot sandwich, add a layer of shaved Parmesan and grill on Panini press or in a skillet, pressing to flatten.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Ingredients

- 4 whole grain Kaisers or rolls, hollowed
- 2 boiled eggs
- 1/2 cup silken tofu
- 1/4 cup grated Parmesan
- 1 tsp anchovy paste (optional)
- 1 tsp lemon zest
- 1 tsp fresh lemon juice
- 1 tbsp grainy mustard
- 2 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil
- 1 clove minced garlic
- 8 cups baby kale leaves or other hearty greens

Ingredients

- 1 lbs (500 g) each yellow and red potatoes, cubed
- 1/2 cup (125 ml) chicken broth
- 3/4 cup (175 ml) Almond Breeze Unsweetened Original
- 2 tbsp (30 ml) chopped fresh herbs (such as rosemary, sage, basil and marjoram)
- Sea salt and freshly ground pepper to taste
- 3 tbsp (45 ml) extra virgin olive oil
- 1 very large onion, quartered and sliced
- 4 cloves garlic, minced
- 4 cups (1 l) coarsely chopped fresh kale (discard tough stems and ribs)

Side. Olive Oil Mashed Potatoes with Kale

This amazing Olive Oil Mashed Potatoes with Kale and Herbs side dish is packed with nutrients!

Make it with your favourite meat dish, such as roast or chicken.

1. Place potatoes and broth in a large microwave-safe bowl. Cover and microwave on high for 15 minutes or until soft when pierced with a knife; mash to your liking, smooth or chunky. Stir in almond beverage, herbs, salt

and pepper.

2. While potatoes are cooking, heat oil in a large skillet over medium heat. Add onions and cook for 15 minutes, stirring frequently. Stir in garlic and cook for 5 minutes more. Add kale to skillet and cook for a minute or two to wilt. Remove kale mixture from stove top and stir into potatoes. Transfer to a large serving bowl and serve.

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LEARNING CURVE



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Getting involved can enhance your studies

College and university students have said farewell to the lazy, hazy days of summer and hello to classes, assignments, term papers, and exams. The first few weeks of settling back into an academic routine can be rough, but there are ways to ease the transition.

First and foremost, it's important to have the right outlook.

"Going back to school shouldn't be seen as a chore — you're not here because someone is pulling your teeth, you're here because you want to be," says Jacqueline Skiptunis, a Russian studies major at Dalhousie University and the Dalhousie Student Union's vice-president (academic and external).

There is no reason to be trapped indoors all day and miss the last few weeks of sunny warm weather, either. You can choose to

study outside instead of in your room or the library, and some professors and instructors might hold an occasional class in a courtyard or another outdoor setting — after all, they like the fresh, fall air, too.

If you have your studies under control and find yourself with some spare time on your hands, there are benefits to getting involved with extracurricular activities on campus.

A Statistics Canada study revealed that children's and youth's participation in organized extracurricular activities has been associated with positive short- and long-term outcomes, such as academic achievement and more social behaviour. These young people also are less likely to drop out of school and have fewer emotional and behavioural problems.

— Jane Doucet

Esthetician program set to launch at Hair Design Centre

Starting in October, the Hair Design Centre will be offering a new esthetics program to complement its already successful hair and makeup programs.

"Having been in the hair school business for more than 40 years we are so excited to offer an esthetics program this fall," says Christine Halladay, director of education, Hair Design Centre.

This full-time program is 41 weeks in length (1,500 hours) and students will receive hands-on training in a spa setting where clients receive spa services.

With 21 salons in the Salon Resource Group, Halladay says they are always looking for estheticians.

"We know that we will offer the students a wonderful education experience, and having both the school and salon background will set them up for a rewarding career," Halladay says.

"We know what it takes to be successful and



CONTRIBUTED

will pass this knowledge to our students."

Students of this new program will learn about all aspects of esthetics — nails, skin, makeup, and much more.

For students who successfully complete the program, they will receive their licence and be able to work in salons, spas, makeup artistry, and as nail technicians.

For more information about this new program, visit hairdesigncentre.com.



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Success College is all about passion and pride and is proud to provide training to individuals looking to excel in the world of business administration.

"One of our core strengths is preparing students for a dynamic career in business administration," says Janice Currie, director, Success College.

"The business administration program will prepare students for thousands of jobs in the public and private sector, and is also ideal for people that want to start their own business."

At Success College, students start with their own laptop computer, and are given comprehensive training in office administration and fundamental marketing.

Students learn everything from basic business to the latest in technology applications for administration, management, and marketing.

This program is designed to maximize technology in the office environment.

This includes the maximization of basic office software packages, as well as an introduction to emerging technologies that integrate

communications and work flow across the Internet and/or company intranets.

Graduates will complete this program with an in-depth understanding of the many extended applications of a variety of office software packages, including word processing, spreadsheets, presentation preparation, computerized accounting, scheduling, calendar management, file sharing, and file management, among others.

For more information about the programs at Success College, visit successcollege.ca.



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Study with a friend at NSCAD and save on tuition

Sign up for a course and get 25 per cent off

This fall, going back to school can be a whole lot more fun with a friend.

At Nova Scotia College of Art and Design (NSCAD) school of extended studies, register for the same adult course with a friend and re-

ceive 25 per cent off the cost of both tuitions.

There are a number of great programming options to choose from, whether an individual is looking for a course to improve their professional life, or just to pursue a passion.

"We have a number of talented artists as instructors who are happy to pass along their experiences to our students," says Catherine Allen, program co-ordinator, NSCAD.

"These courses are fun and educational at

the same time, and give people an opportunity to engage a different part of their brain, so we encourage you to come explore your creativity."

New course offerings this fall include embroidery, letters, knots, and no patterns, pattern drafting basics (intermediate), the urban landscape (painting), intro to hand lettering, game design for social change, calligraphy fundamentals (intermediate), sketchbook adventures (for adults), and cuttlebone casting (jewelry).

All courses are open to all skill levels and, in most instances, no experience is necessary.

For more information about registration and the programs available, call 494-8185, or visit nscad.ca/extendedstudies.

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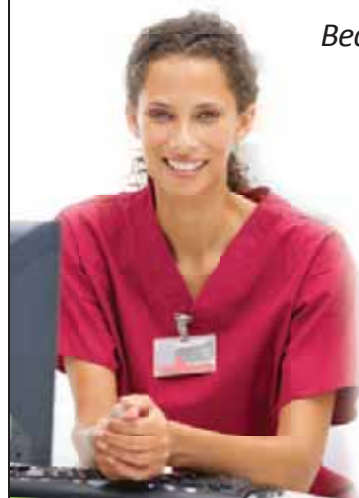


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Student finds dream career with CAT's help

After finding herself unsatisfied in her studies in engineering, Kymm Lucien decided to take some time off and discover what she was really passionate about.

Lucien remembered the enjoyment she got out of planning events for her school as student council president and immediately began researching programs in this field.

That is when she found the event and promotions management diploma program at CAT (Centre for Arts and Technology).

"The program in general has brought such excitement in my life; it keeps me going and I am able to apply it to every aspect of my life," says Lucien, event promotion and management program student at CAT.

The event and promotions management program gives students hands-on, practical experience executing small- and large-scale events across a variety of industries.

Throughout the program, students will plan, execute, and evaluate four major events, working with actual vendors and networking with local industry professionals.

It is one of the only programs in Atlantic Canada where you can receive an events



Kymm Lucien CONTRIBUTED

diploma, and it can be completed in just 12 months.

"I am happy to say that this was one of the best decisions that I made regarding my career and it most definitely is the best thing that has ever happened to me," Lucien says.

For more, visit digitalartschool.com/halfax/event-promotions-management.

PART-TIME FRENCH CLASSES MAKE IT EASY TO LEARN

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Having both of Canada's official languages on your resumé not only increases your employability, but also opens up your ability to connect with the Canadian culture.

The part-time French language training program at Université Sainte-Anne can help you do to just that.

"Having French next to any other language will open up numerous doors to new opportunities," says Neda Ghaferi, French language training adviser at Université Sainte-Anne.

The part-time day and evening program is offered every season of the year, with 17 different levels offered each day.

"We create programs considering students' busy schedules, and that is why we offer similar courses four times per day, five days per week, and require no extra out of classroom work," Ghaferi says.

"So having a busy schedule could no longer be an excuse for not wanting to learn a new language that could benefit the long-term personal and professional goals."



CONTRIBUTED

Université Sainte-Anne is the only French-language post-secondary institution in Nova Scotia and offers both full- and part-time French language training, taught by some of the most experienced teachers in the region.

For students looking to fully emerge themselves in a French-only environment, Université Sainte-Anne offers a full-time intensive program (up to six levels) as well. For more information about these programs, call 902-424-1164, or visit usaintanne.ca/clts.

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Abe Brown CONTRIBUTED

TRAIN TO BE A LIFE COACH

The two-day, intensive certified life and executive coach training course this November will teach individuals coaching principles to improve themselves both personally and professionally.

"This workshop is an interactive and experiential learning journey, which transforms how we engage as leaders, as managers, as coaches, and as people in community with others," says Abe Brown, North American president of the Certified Coaches Federation (CCF).

"The tools you learn here will transform how you relate to others, educate you as you seek to inspire others, and give you specific skills as you seek to coach others."

Participants of this course will be taught specific skills for establishing rapport, building trust, helping people to create action plans and goals, and removing barriers and obstacles to their success.

Throughout the course, the goal is to learn how to better connect and relate

with the most valuable resource available — people.

"When we learn to connect skillfully with others, professional options open up and we get noticed," Brown says.

The certified life and executive coach training course takes place Nov. 1-2, at the Best Western, Chocolate Lake, Halifax. Registration is open now.

Visit certifiedcoachesfederation.com, or contact Abe Brown at 866-455-2155 or abe@certifiedcoachesfederation.com.

Medical industry growing, Maritime Business College program meets demand

Consistent with its mission of being a pioneer in the field of business, Maritime Business College offers a broad range of health-care courses in the health-care industry.

"We develop new programs to meet the changing needs of the industry, and we update our existing programs to ensure that our students are expertly trained," says Janice Currie, director, Maritime Business College.

"Our graduates enter the workforce trained with up-to-date skills that they need to excel."

The health-care industry is growing, and Maritime Business College offers a popular medical office administration program to meet this growing demand for jobs.

As a successful graduate of the medical office administration program, students are proficient in medical office practices and terminology, enabling them to manage patients and their information. There is a strong emphasis on computer applications, including word processing and computerized accounting, data

management, and scheduling.

The new disability support program teaches students how to assist the disabled by developing their life skills and by teaching them how to care for themselves. Students will be trained to work with disabled clients that face physical, mental, and/or intellectual challenges.

These two programs have been designed so that a two-year program can be completed in 52 weeks or less.

For more, visit maritimebusinesscollege.ca.



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Two-win Saturday

Flemming sitting pretty atop Parts for Trucks tour

Transmission issues didn't slow Halifax racer John Flemming down for long over the weekend.

Flemming moved from the back to the front of the pack Saturday night at Riverside International Speedway in Antigonish to win the Lucas Oil 150, after ending up in the pit for servicing.

Flemming snagged the lead from Shawn Turple of Enfield on the 115th lap, for his second win of the season, according to a Maritime Pro Stock Tour news release.

Turple took second, Jonathan Hicken of Brudenell, P.E.I., claimed third, Donald Chisholm of Antigonish ended up in fourth and Craig Slaunwhite of Terence Bay finished in fifth place.

Flemming also won the Atlantic Tiltload Time Trials earlier Saturday, with a 14.272 second lap, the release said.

Flemming currently leads the Parts for Trucks Pro Stock Tour, which finishes the season with the Dartmouth Dodge 200 this coming Saturday at Scotia Speedworld in Enfield. The race starts at 4 p.m. **METRO**

Nagging wrist injury

Crosby glad he declined surgery

Sidney Crosby says the right wrist that bothered him last season is feeling good, as the Pittsburgh Penguins and the rest of the NHL get ready to open training camp next week.

"It definitely feels good now and this summer it's been good, it's reacted well to everything so I'm happy with that," Crosby said, referring to injections he got in the wrist.

At the league and Players' Association's media tour, the Cole Harbour native expressed relief that he and team doctors chose not to do surgery.

"It wouldn't have been too fun to deal with that, that's for sure," he said. "I wouldn't have been able to really train to get ready for the season. I think if I would have done it I still would have been ready for the start of the season, but it would have been pretty much cramming to get ready." **THE CANADIAN PRESS**

Canadians hope for rowdy home crowd

Davis Cup. Halifax hosts playoff battle between Canada and Colombia at Metro Centre



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

For the Canadian contingent that will take on Colombia at the Davis Cup tie in Halifax this weekend, "the biggest advantage is the home crowd," Canuck captain Martin Laurendeau said Monday.

Fortunately for Laurendeau and teammates, the World Group playoff is almost sold out all three days, with an upper-bowl section just added at the Halifax Metro Centre to accommodate last-minute ticket seekers, Tennis Canada says.

"We get to pick the balls and the court speed and the court surface," Laurendeau said of the advantages of playing in Canada, adding support from the stands can make a big difference on the court.

"We encourage everybody to come with their red and white colours, and make it like it's the seventh game of the NHL Stanley Cup."

As the Canadians cooled down following practice Monday, their Colombian competitors jumped onto the temporary court set up at rink level to test out the unfamiliar venue that normally hosts hockey games.

The last time a Davis Cup knockout round was held here was 1998, when Canada defeated Mexico 3-2, but



Captain Martin Laurendeau talks to a Canadian teammate during a Davis Cup practice at the Halifax Metro Centre on Monday morning. **JEFF HARPER/METRO**

this marks the highest level Halifax has ever hosted. The Canadians must win in order to remain in the World Group next year, otherwise they'll be relegated back to Americas Zone Group I, a fate they've avoided for four years.

"We'll have our hands full, with the Colombian team," Laurendeau said, "but our goal is to stay in the World Group."

Laurendeau selected Frank Dancevic, 29, of Niagara Falls, Ont.; Milos Raonic, 23, of Thornhill, Ont.; Daniel Nestor, 41, of Toronto; and Vasek Pospisil, 24, of Vernon, B.C., to make that happen.

Raonic is the highest-

ranked Canadian in history, at seventh on the ATP World Tour. Canada is ranked eighth overall, while Colombia sits at 26th in the world.

Pospisil, currently ranked 43rd, agreed Colombia is "a very dangerous team."

"We are favourites on paper, when you look at the rankings, but ... that kind of goes out the window ... when it's Davis Cup," he said, "especially when you have a team as strong and deep as Colombia."

Pospisil is also looking forward to some "rowdy crowds" this weekend.

"Lots of screaming, lots of

Davis Cup sked & tix

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- **Saturday:** Doors open at 1 p.m., one doubles match.
- **Sunday:** Doors open at 1 p.m., two singles matches.

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jerseys, flags," he said. "It'll be a fun atmosphere."

Participation in tennis spikes across country

Pro tennis player Vasek Pospisil and his Canadian teammates hope high-profile international events such as the Davis Cup will encourage more athletes across the country to take to the court.

"I hope it sheds some light and gets some interest," the 24-year-old from Vernon, B.C., said Monday of Halifax hosting the World Group playoff between Canada and Colombia this weekend.

"Tennis is growing all across Canada now, so I think this is obviously crucial for the growth here," he said.

Canadian captain Martin Laurendeau agreed the sport is on the rise, pointing to a



Vasek Pospisil
GETTY IMAGES

Davis Cup quarter-final between Canada and Italy last summer in Vancouver as a prime example of how such an event can impact the

host community.

"We left a strong impact ... in the tennis community

Quoted

"The challenge for us is to give people a place to play year-round ... there is a huge demand for tennis."

Tennis Canada board member Jack Graham of Halifax

there," Laurendeau said. "The programs have really doubled and tripled at all the junior levels, and ... we're hoping to do the same here, in the Mari-

times, in Halifax."

Jack Graham, board member of both Tennis Canada and the Directors of the International Tennis Federation, thinks having the World Group tie in his hometown of Halifax is "huge" for growing the sport here.

But as more players pick up rackets, the more demand there will be for courts, and subsequently funding, Graham said.

"We're seeing it grow all across the country, and Halifax is no exception."

KRISTEN LIPSCOMBE/METRO

Cilic returns to win the U.S. Open title

Lopsided. Croat takes less than two hours to overpower Nishikori in straight sets

Unable to play in the U.S. Open a year ago because of a doping suspension, Marin Cilic is now the tournament's champion.

Croatia's Cilic won his first Grand Slam title by beating Japan's Kei Nishikori 6-3, 6-3, 6-3 on Monday at Flushing Meadows, using 17 aces — including four in one game — and the same powerful groundstrokes that helped him eliminate Roger Federer in the semifinals.

"This is (from) all the hard work in these last several years, and especially this last year," Cilic said during the on-court ceremony, when he kissed his silver trophy and collected a check for \$3 million US.

The 14th-seeded Cilic prevented the 10th-seeded Nishikori from becoming the first man from Asia to win a major singles championship.

"Sorry I couldn't get a trophy today," Nishikori said, "but for sure, next time."

There hadn't been a match-up between players making their Grand Slam final debuts at the U.S. Open since 1997. Lopsided and lasting less than two hours, this hardly qualified as a classic.

"Both of us were pretty nervous in the first set especially," Cilic acknowledged. "When we got ourselves going, it was a bit better."



Marin Cilic of Croatia reacts after defeating Kei Nishikori of Japan to win the U.S. Open men's singles championship on Monday in New York. Cilic defeated Nishikori by a score of 6-3, 6-3, 6-3. Use the Metro News app to scan the image above and see a gallery of the match. ELSA/GETTY IMAGES

Suspension

Twelve months ago, Cilic missed the U.S. Open while serving a four-month ban after testing positive for a stimulant at a tournament in Germany in May 2013.

the next tier was about to get a crack at the hardware.

Cilic, whose only previous trip as far as the semifinals at a major came at the 2010 Australian Open, used the forced

break from competition to improve his game. And that work was on full display the past two weeks — particularly Monday, under thick grey clouds and in a strong breeze.

Both six-foot-six Cilic, who is 25, and the five-foot-10 Nishikori, 24, are coached by someone with a Grand Slam title: 2001 Wimbledon champion Goran Ivanisevic, the last Croatian man to win a major, works with Cilic; 1989 French Open champion Michael Chang works with Nishikori.

THE ASSOCIATED PRESS

Reversal. Ravens dump Rice over video of him striking his then-fiancée

Ray Rice was let go by the Baltimore Ravens on Monday and suspended indefinitely by the NFL after a video was released showing the running back striking his then-fiancée in February.

The grainy video, released by TMZ Sports, shows Rice and Janay Palmer in an elevator at an Atlantic City casino. Each hits the other before Rice knocks Palmer off her feet and into a railing. Months ago, a TMZ video showed Rice dragging Palmer, now his wife, from the elevator at the Revel casino.

Earlier Monday, the Ravens said they never saw the new video. Hours later, they sent out a one-sentence release:

"The Baltimore Ravens terminated the contract of RB Ray Rice this afternoon."

The action represented a complete reversal for the team, even though an Atlantic City police summons stated that Rice caused "bodily injury to Janay Palmer, specifically by striking her with his hand, rendering her unconscious."

NFL Commissioner Roger



Ray Rice GETTY IMAGES

Goodell announced that, based on the new evidence, Rice has been suspended indefinitely.

Mark Cohon, commissioner of the Canadian Football League, said in a statement that the league will honour the NFL's suspension of Rice. A source also told The Canadian Press the CFL sent an email to its teams saying Rice couldn't be added to any negotiation list and wouldn't be allowed to sign with a club as a free agent.

THE ASSOCIATED PRESS

Colts

Mathis to miss entire season

Defending NFL sacks champion Robert Mathis is expected to miss the Colts' entire season after tearing an Achilles tendon during a private workout last week in Atlanta, a person with knowledge of the injury told The Associated Press on Monday.

The team had no immediate comment on the injury.

THE ASSOCIATED PRESS

Texans

Clowney out for 4-6 weeks after knee surgery

Jadeveon Clowney, the No. 1 overall pick of the Houston Texans, will be out four to six weeks after arthroscopic surgery on his right knee Monday.

Coach Bill O'Brien said he didn't know exactly what was repaired in Clowney's knee when asked if it was a torn meniscus.

THE ASSOCIATED PRESS

Shutout. Stroman allows just three hits as Jays take Cubs for a walk in the park

Toronto Blue Jays' rookie Marcus Stroman always wanted a sinker in his pitching repertoire but he could never find a grip to his liking.

A couple months ago he finally found something.

"I was just fooling around with the ball and just gripped a two-seam kind of awkwardly and it was super-comfortable in my hand," Stroman said. "The next day I came to the ballpark and started throwing it. Ever since then, I've been throwing it."

On Monday night

0	8
Cubs	Blue Jays

That sinker has become one of his go-to weapons and it was on full display Monday as Stroman threw his first career complete-game shutout in an

8-0 rout of the Chicago Cubs. Stroman (10-5) allowed only three hits and struck out eight in the opener of a three-game series at Rogers Centre.

"It doesn't get any better than that," said Blue Jays' manager John Gibbons.

Jose Bautista hit a three-run homer in the fifth inning as eight different Blue Jays scored a run apiece. Bautista's no-doubt blast was his 32nd homer of the season and 200th of his Blue Jays career.

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Stuck on 12 Across?
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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Find something constructive to do today. The full moon makes disputes easy to come by, so find ways to stay out of trouble!

♉ Taurus

April 21 - May 21

If a dispute over a career or family matter seems to be dragging on, now is the time to settle your differences. It's not a case of one side winning and the other losing.

♊ Gemini

May 22 - June 21

Actions speak louder than words, so if you have fallen out with a friend or colleague do whatever it takes to get past the situation.

♋ Cancer

June 22 - July 23

The planets indicate that though you may have failed at one thing in recent weeks you have learned enough to make sure that next time you will succeed.

♌ Leo

July 24 - Aug. 23

Some people delight in getting ahead at other people's expense and you are likely to encounter one such individual today. Keep your wits about you.

♍ Virgo

Aug. 24 - Sept. 23

You have become a lot more assertive of late but the full moon warns you need to balance that assertiveness with a large dose of wisdom.

♎ Libra

Sept. 24 - Oct. 23

Sheer force of personality will see you past whatever obstacles block your path over the next 24 hours.

♏ Scorpio

Oct. 24 - Nov. 22

You are going through a positive phase at the moment, so if there are things in your life you want to change now is the time.

♐ Sagittarius

Nov. 23 - Dec. 21

Tread carefully when dealing with employers and other authority figures over the next 24 hours. You may feel you are on solid ground but today's full moon could upset things.

♑ Capricorn

Dec. 22 - Jan. 20

You are of the opinion that standards have slipped and you intend doing something about it. Before trying to change others though maybe take a look at yourself.

♒ Aquarius

Jan. 21 - Feb. 19

If you feel that you are being treated unfairly you must speak up about it – loudly. Those who make the biggest noise often get the biggest slice of the pie as well.

♓ Pisces

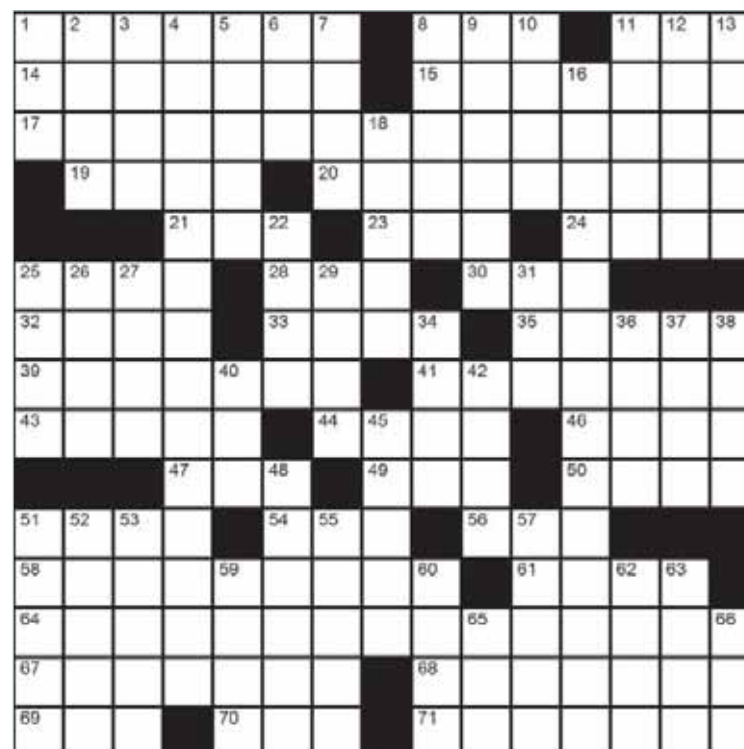
Feb. 20 - March 20

A certain person may seem trustworthy but if your instincts tell you to be careful you should know better than to go against them.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Feline's foot, in other words
8. Ms. Reinking
11. "Growing Pains" Canadian star ...his initials-shares
14. Like Jeff Bridges' brother
15. Acerbic
17. Suspect's image based on an eyewitness' memory: 2 wds.
19. Norse fate goddess
20. ___ Building (Toronto's triangular 1892 flatiron landmark)
21. That: Spanish
23. "... ___ wood-chuck could..."
24. Disallow
25. Sonic sound
28. Congeal
30. Who: French
32. Gumbo
33. Fertilizer component
35. "The ___" (Early-1900s medical drama, on HBO Canada)
39. Canada ___ (In Antarctica's Victoria Land)
41. Mr. Smith of "Rookie Blue"
43. Electronics giant
44. "Vamoosle!"
46. Man ___ (Legendary racehorse)
47. Wood sorrel
49. Gone by
50. California wine valley



51. Wee moo-er
54. "Am ___ brother's keeper?"
56. Time as yet unknown [acronym]
58. Pusher's world: 2 wds.
61. Slightly unshut
64. David Foster's workplace: 2 wds.

67. How some bets are undertaken: 3 wds.
68. Protecting person
69. Puny peaks
70. Big Apple hockey team [acronym]
71. Feminine/Masculine

1. Certain crown corp.
2. "___ Flux" (2005)
3. ___-shanter
4. "Whereas Canada is founded upon principles that recognize the ___ and the rule of law." - Canadian Charter of Rights and Freedoms

5. Subatomic particles
6. Burdened beast
7. The Kingston ___Standard (Kingston, ON newspaper)
8. ___ Base's "The Sign"
9. Where BBRY is traded
10. Zap

11. "Night ___ Museum" (2006): 2 wds.
12. Argo's rival
13. Doofus
16. Canadian's duty to the Court when called: 4 wds.
18. Pastoral-patterned fabric
22. Chill
25. Wetlands
26. Tulsa's locale, briefly
27. Algeria port city
29. Misjudges
31. Mini-looking guitar
34. Awestruck
36. American state
37. Holy ___ ("Dragons' Den" deal-getting cereal)
38. Ms. Sedgwick
40. Sports gr.
42. Beginning
45. Joseph ___, 'Father of the Symphony'
48. Un-wet hair naturally
51. Computers: ___-___
52. "___ you the clever one!"
53. Filmmaker George
55. "Finding Vivian ___" (2013)
57. Doesn't ___ eye
59. Start to 'script' or 'scribe'
60. Like omelets
62. ___ pinch of salt (Recipe step)
63. Nothing: French
65. Fashion designer Anna
66. Assn.

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

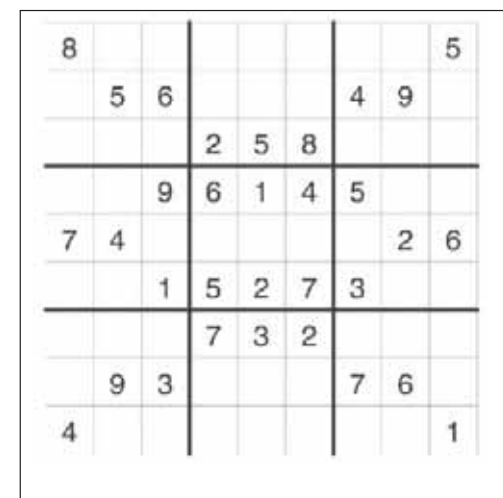


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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Sportage SX Luxury shown^h - hwy / city 100km*: 7.0L/10.0L

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Offer excludes delivery, destination, PPSA and fees. Offer based on 2015 Sportage LX MT (SP551F) with a purchase price of \$22,995.



Sorento EX shown^h - hwy / city 100km*: 9.0L/12.7L

2015 SORENTO LX AT

OWN IT! **\$71** WEEKLY
\$0 DOWN PAYMENT
FOR **0% 84** MONTHS
FINANCING

Offer includes a \$1,250 loan rebate^a and excludes delivery, destination, PPSA and fees. Offer based on 2015 Sorento LX AT (SR75BF) with a purchase price of \$25,745.

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Rondo EX Luxury 7-seat shown^h

2014 RONDO

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Optima SX Turbo AT shown^h

2014 OPTIMA

UP TO **\$5,000** CASH BONUS*



Forte SX AT shown^h

2014 FORTE

UP TO **\$4,000** CASH BONUS*



Rio4 SX with Navigation shown^h

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The Power to Surprise

Offer(s) available on select new 2014/2015 models through participating dealers to qualified retail customers who take delivery from September 3 to 14, 2014. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing excludes delivery and destination fees up to \$1,665, PPSA, other fees and certain levies (including tire levies) and A/C charge (\$100, where applicable), licensing, registration, insurance, and other taxes. Other lease and financing options also available. **Representative finance example:** 0% financing offer for up to 84 months available to qualified retail customers, on approved credit for the new 2015 Sportage LX MT FWD (SP55BF)/2015 Sorento 2.4L LX AT (SR75BF) with a selling price of \$22,995/\$25,745 which includes a \$0/\$1,250 loan rebate and excludes delivery and destination fees of \$1,665 and \$79 PPSA. 364 weekly payments of \$63/\$71 for 84 months with \$0 down payment. Credit fees of \$0. Total obligation is \$24,739/\$27,489. See retailer for complete details. Cash bonus amounts are offered on select 2014/2015 models and are deducted from the negotiated purchase price before taxes. Available on finance, lease or cash purchase offers. Offer varies by trim. Certain conditions apply. \$7,000/\$5,000/\$5,500/\$4,000/\$3,750 maximum cash bonus amount only available on the 2014 Sedona EX Luxury (SD75CE)/2014 Optima SX AT (OP74BE)/2014 Rondo EX Luxury 7-seat (RN75TE)/2014 Forte SX AT (FO74BE)/2014 Rio4 SX AT (RO74BE). Loan rebate amounts are offered on select 2014/2015 models and are deducted from the negotiated purchase price before taxes. Available on financing offer only. Offer varies by trim. Certain conditions apply. Offer ends September 14, 2014. See your dealer for complete details. ^aModel shown Manufacturer Suggested Retail Price for 2014 Rondo EX Luxury 7-seat (RN75TE)/2015 Sorento 3.3L EX AT AWD (SR75BF)/2015 Sportage SX AT Luxury AWD (SP75BF)/2014 Forte SX (FO74BE)/2014 Optima SX Turbo AT (OP74BE)/2014 Rio4 SX with Navigation (RO74BE) is \$30,795/\$34,495/\$38,495/\$26,395/\$34,795/\$22,295. ^{*} Highway/city fuel consumption is based on the 2015 Sorento LX 2.4L GDI 4-cyl AT/2015 Sportage 2.4L 4-cyl AT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Your actual fuel consumption will vary based on driving habits and other factors. The 2014 Kia Sportage received the lowest number of problems per 100 vehicles among small SUVs in a tie in the proprietary J.D. Power 2014 U.S. Initial Quality Study[®]. Study based on responses from 86,118 new-vehicle owners, measuring 239 models, and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed from February to May, 2014. Your experiences may vary. Visit jdpower.com. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.